

Tropical Times

Serving the Footprint of Freedom



Volume 16, Number 26

U.S. Navy Support Facility, Diego Garcia, B.I.O.T.

June 30, 2006



A Message from the Commanding Officer

Team Diego,

There are a few topics I want to address this week.

First, I want to let every service member on island know that I'm proud to be stationed with you while we approach the 230th birthday of the United States America. In a similar way in which a son or daughter rebels against the heavy hand of their father, the U.S. left the household of England back in 1776. But rebellious youth matures and takes some experiences and values from their father to become a successful independent adult. And angry fathers who do not understand why their children chafe at the control of their lives as they age remember that their children are their flesh and blood and become proud of their offspring's accomplishments. And so it is that way with the United States of America and England. Thanks to each of you and your families for the sacrifices you make as members of the Armed Forces to keep our nation a strong, growing, free and independent country.

Second, several NSF Sailors were recently honored here for their accomplishments: Senior Sailor of the Quarter EN1 Janet Bennett, Command Career Counselor; Junior Sailor of the Quarter MA2 Jonathan Eilert, from Base Security; and PCSN Alisha Groff, from the Post Office. When you see them around the island, please be sure to congratulate them on their achievements. They not only represent their departments and



their co-workers as outstanding performers, but also every Sailor who performs their job here on Diego Garcia.

Because of the hard work each you perform, it's my pleasure to know this weekend brings a variety of liberty activities for everyone on the island: From the different live music performances each night, to the island-wide barbecue on Sunday, and the handful of opportunities to get those free T-Shirts by taking part in the athletic events (softball, horseshoe and basketball tournament, running and cycling races, a triathlon, and more...). When

participating in all these events please take a moment or two before you begin to think about safety and our goal of not permitting anyone to be injured or worse and of preventing any damage to or destruction of government or private property. Have fun AND be safe!

One last item: take the time to read the article in this week's paper concerning identity theft. The topic was brought up during the All Hands call Monday. I'm glad to know you take this issue seriously, because it is serious. I realize it is difficult enough to keep everything in order back home while you are here, so it's even more important for us to stay informed on how to avoid the extra hassles caused by this increasingly popular crime.

You each deserve the time to enjoy the Freedom and Independence you work for, so play smart, stay safe and take care of each other while enjoying this holiday weekend!

Sincerely and very respectfully, Captain Dougherty

Tropical Times

United States Navy Support Facility, Diego Garcia, British Indian Ocean Territory

Commanding Officer
Capt. Patrick Dougherty

Executive Officer
Cmdr. Mike Harber

Command Master Chief
CMDMCM(SW) Brad Renollet

Reporter/Photographer
Lithographer Seamen Joy

Editor
Ensign Caster

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Tip Of The Week

FLIGHT INSURANCE

When making travel arrangements while planning leave from Diego Garcia, it's always a good idea to get Travel Insurance. With the possibility of AMC flight delays or cancellations, covering yourself with insurance for your

commercial flight connections is the smart thing to do: it can save you time and money. Check with your on-line ticketing agency or commercial airline to find the best way to insure the best deal

Preventive Medicine Technicians

Submitted by Branch Health Clinic

Prevention of disease is one of the most important functions of any military medical service. In every war for which statistics have been recorded, military forces have lost more personnel to disease than to actual opposing combat injuries. Preventive Medicine Technicians (PMT's) have seen action in every military operation beginning with the Korean War. After WWII the Navy recognized the need for this type of medical training internally to its Hospital Corps. The first PMT Class convened on November 1st, 1950 at the Oakland Naval Hospital and graduated March 31st, 1951. During the school's first decade of existence, it was actually titled as "Environmental Sanitation Technician School." The name was officially changed by BUMED order to the present day 'Preventive Medicine Technician School' in 1963.

What does a PMT do on Diego Garcia? Assists Medical officers and Environmental Health Officers with the performance of preventive medicine and occupational health programs ashore and afloat. Inspects food service facilities, food sources, berthing spaces, barber/beauty shops, laundries, recreational facilities, swimming pools, potable water systems and wastewater disposal systems. Analyzes Halogen, pH and bacterial content of potable water systems and sources ashore and afloat. Investigates communicable disease

occurrence, applies statistical methods to human mortality, morbidity and demographic studies. Reports communicable disease occurrence to local and military health authorities. Interviews patients with communicable diseases and contacts, administers mass immunization programs and conducts nosocomial infection control programs. Identifies insects, rodents, parasites of medical importance (disease vectors) and implements appropriate control measures including pesticide application. Assists Occupational Health Professionals and ensures work place safety and NAVOSH compliance. Instruct personnel in preventive medicine, occupational and environmental health matters. Proficiency maintained in all aspects of field sanitation including sanitary CBR defense.

What training has a PMT received?

The three PMT's on the island (**HM1 Seymour, HM2 Deak and HM2 Vice**) have over 1,000 hours of training each to include an in depth coverage of Public Health Microbiology concentrating on culturing, isolating, and identification of bacteria and other organisms of military significance; in depth exposure of Navy water and wastewater standards, sources, and systems, water sampling techniques, and health standards for swimming pools and other bathing places; comprehensive mathematical skills used in public health concentrating on ratio and proportion, mixture and dilution, unit conversions, areas and volumes of geometric figures;

focused concentration on food sanitation technology and regulations, food sources, food inspection practices and standards to include food preparation, storage, and service, food service facilities and utensils, Hazard Analysis and Critical Control Points System, and food service worker training programs; knowledge of epidemiology and disease control including disease reporting requirements with concentration on the major classes of human communicable diseases of military and public health importance; awareness of and implementation of occupational safety and health programs mandated by various regulatory agencies with concentration on specific occupational health programs common to Navy workplaces; training of human parasitic conditions of military public health importance with a concentration on malaria; provide awareness of public service sanitation regulations concerning living, administrative, and recreation areas; barber and beauty shops; child development programs; laundry facilities; and infection control for the prevention of nosocomial diseases; introduction to sanitation concepts in the operational environment with concentration on water supply, food service, waste disposal, and climatic injuries; and concentrated instruction on the identification, survey methods, and control of important arthropod and rodent disease vectors of military public health significance; utilization of pesticide dispersal equipment and safety equipment; and instruction on pest control regulations and management plans.

GALLEY MENU *July 1 - 7*

Saturday		Wednesday	
<u>Lunch</u>	<u>Dinner</u>	<u>Lunch</u>	<u>Dinner</u>
Split Pea Soup Salmon Cakes w/ Alfredo Cream Sauce Spicy Italian Pork Chop	Carrot Soup Oriental Pepper Steak Broccoli Quiche	Beef Rice Soup Tempura Fish w/ Tartar Sauce El Rancho Stew	"CHINESE NIGHT" Bird Nest Soup Cantonese Pork Spareribs Chicken Chow Mein
Sunday		Thursday	
<i>"Brunch"</i> Knickerbocker Soup Minute Steak / Breakfast Sausage Cannonball Sandwich		Turkey Vegetable Soup Spicy Italian Pork Chop Tostadas w/ Condiments	Corn Chowder Swiss Steak w/ Tomato Gravy Scalloped Salmon & Peas
Monday		Friday	
Chicken Rice Soup Spaghetti w/ Zesty Meat Sauce Calzone	Tomato Bouillon Beef Stir Fry White Fish w/ Mushrooms	Lentil Vegetable Soup Lemon Baked Fish / Tartar Sauce Chicken Alfredo	Pepper Pot Soup Hawaiian Baked Duck / Chicken Gravy Braised Beef & Noodles
Tuesday		<i>Due to unforeseen circumstances, it may be necessary to provide substitutions for food items not in stock, or to permit the timely use of perishable foods.</i>	
Carrot Soup BBQ Chicken Baked Italian Sausage	Split Pea Soup Vegetable Stuffed Peppers Roast Turkey / Chicken Gravy		

Equal Opportunity Note

EMC(SW) Bacay
NSF Equal Opportunity Advisor



Greetings! Let me first introduce myself. I am EMC(SW) John Stephen S. Bacay, reporting from USS

STETHEM (DDG 63), home ported in Yokosuka, Japan, and the new Equal Opportunity Advisor or EOA for the island. I am originally from Olongapo City, Philippines, and joined the U.S. Navy in 1986. My previous duty stations include Hawaii, Florida, and Japan. My wife Sarah and three children—Tim, Anne, and Vince—are presently residing in Modesto, California.

As I walk around meeting, talking to, and introducing myself to military and civilian personnel, the most common response was: EO, what? As

an EOA I serve as an advisor to the Commanding Officer, and provide briefings, training, and assistance to subordinate and/or tenant commands. In addition, as an EOA, I am responsible to assigned military personnel as a resource and point of contact involving equal opportunity and sexual harassment issues.

My office is located in Building 136, Room 206, and my telephone number is 370-4127. My e-mail address is bacayjs@dg.navy.mil. I am glad to be here in the island and be part of Team Diego!

Diego Garcia Island Church Services

The Chapel in the Palms 370-4601

ROMAN CATHOLIC

Confession/Rosary/Novena
Saturday 7 p.m.
Sunday 7:30 a.m.

Catholic Mass
Saturday 7:30 p.m.
Sunday 8 a.m.
Monday-Friday 11:30 a.m.

Choir Rehearsal
Thursday 7 p.m.

Note: Confession is also done by appointment.

ISLAMIC Jum'ha

Daily 7:30 p.m.

CHURCH OF CHRIST
Sunday Worship
10 a.m.

The Chapel in the Palms 370-4601

PROTESTANT

Traditional Protestant Worship
Sunday 9 a.m.
Sunday Bible Study
9:30 a.m.

Contemporary Protestant Worship
Sunday 10:30 a.m.

Gospel Service
Sunday 1:30 p.m.

Bible Study
Tuesday 7 p.m.
Bible Study
Wednesday 7 p.m.

Iglesia ni Cristo

English Worship Service
Thursday 5 a.m.
Tagalog Worship Service
8 p.m.
English Worship Service
Saturday 8 p.m.

Camp Justice Chapel 370-4959

Bible Study
Tuesday and Thursday 7 p.m.
Chapel Movie Night
Monday 7 p.m.

General Protestant Service
Sunday 9 a.m.
Fellowship Time
Sunday 10 a.m.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Sunday Worship
1 p.m.

Hindu Temple

Seabreeze Village
Fellowship Service
Thursday 7 p.m.

Sacred Heart of Jesus Chapel 370-2956

Daily Rosary
5:45 p.m.
Theological Formation
Weekdays 7 p.m.

Sacred Heart of Jesus Chapel 370-2956

Evening Mass
Weekdays 6 p.m.
Saturday Mass
5:30 a.m. and 7 p.m.
Sunday Mass
8 a.m. and 7 p.m.
Friday Bible Study
7 p.m.

***Confession After Mass**
Palmsville Village Mass
Every First Friday 7:30 p.m.
Prayer Meeting
Wednesday 8 p.m.

Christian's Den

Band Practice
Tuesday and Saturday 8 p.m.
Tagalog Bible Study
Wednesday 7 p.m.
Tagalog Fellowship
Thursday 7 p.m.
Contemporary Christian Service
Sunday 7 p.m.



Command Master Chief's DG Spotlight



The purpose of the DG Spotlight is to reach out and recognize outstanding enlisted military and civilian personnel of all commands who work on Diego Garcia in support of the island mission. This week's DG Spotlight is focused on personnel serving at PACAF and Air Operations. Bravo Zulu and Keep up the great work!

PACAF



Name: TSgt Joseph Brown
Job Title: Communications Base Systems
Time in Service: 12 years
Time on Island: 2 months
What I like about my job: "No comm, no bomb!
Above all, I thrive under pressure"

Air Operations



Name: ACAA Danielle Tillman
Job Title: Air Traffic Controller
Time in Service: 9 months
Time on Island: 1 month
What I like about my job: "I like my job
because I make a direct contribution and I am
responsible for the safety of so many lives"

The Six Articles of the Code of Conduct

By MA1(SW) Sanders
NSF Security Department

I am an American, fighting in the forces which guard my country and our way of life. I am prepared to give my life in their defense.

I will never surrender of my own free will. If in command, I will never surrender the members of my command while they still have the means to resist.

If I am captured, I will continue to resist by all means available. I will make every effort to escape and aid others to escape. I will accept neither parole nor

special favors from the enemy.

If I become a prisoner of war, I will keep faith with my fellow prisoners. I will give no information or take part in any action which might be harmful to my comrades. If I am senior, I will take command. If not, I will obey the lawful orders of those appointed over me, and will back them up in every way.

When questioned, should I become a prisoner of war, I am required to give only name, rank, service number, and date of birth. I will evade answering further questions to the utmost of my

ability. I will make no oral or written statements disloyal to my country and its allies or harmful to their cause.

I will never forget that I am an American, fighting for freedom, responsible for my actions, and dedicated to the principles which made my country free. I will trust in my God and in the United States of America.



NAVY / MARINE CORPS

ENERGY EFFICIENCY

Energy Conservation Note

“ Planning to Conserve Energy

Military bases have a high success rate for their energy conservation plans because of their knowledge of where to conserve energy and how to accomplish their conservation goals. Like military bases, municipalities must know where their highest energy costs are located. A thorough analysis of current energy consumption must be done to determine where to begin

conservation efforts. Once this is done, a plan of action must be drawn up with measurable goals. Throughout the life of the plan, it is useful to measure progress continuously so that inefficient projects can be replaced by more efficient ones. Also, through continual monitoring of the plan, the completion of successful projects can be recognized and the savings realized. All of us can make this happen.”(For more information contact

EN1(SW) Campano, the Eenergy Conservation Coordinator at 370-4525.)

Ship's Store Corner

3rd & 4th Of July Sale

Sale items include a great selection of: Cameras, watches, sunglasses, snacks and drinks, health care products, perfume and cologne, cookware, and other electronics.

Fresh Fruit and Vegetables

Fresh fruits and vegetables flights are back on schedule. They should arrive every Thursday and Friday if there are no mechanical issues.

Shopping Carts

Customers are authorized to use carts to transport groceries from the Ship's Store to place of residence. We would greatly appreciate that you return them to the store.

Entertainment this Week

MWR Presents:
"Moments Band"

Friday, June 30, Island Room, 8 p.m. - 1 a.m.

"DJ JAS (DJ's Choice)"

Friday, June 30, Camp Justice, 8 p.m. - 1 a.m.

"AOC Band"

Saturday, July 1, Camp Justice Pier, 8 p.m. - 1 a.m.

"AOC Band"

Sunday, July 2, Fleet Recreation Area, 4 p.m. - 8 p.m.

MWR events this Week

Friday, June 30

4M Fitness Run

Fitness Center

6 p.m.

Sunday, July 2

4th of July Island Wide

Picnic

Fleet Recreation Area

3 p.m. - 10 p.m.

Saturday & Sunday, July 1 & 2

Softball Tournament

Field 1/Fitness Center

6 p.m. / 7p.m. / 8 p.m.

Saturday, July 1

Triathlon

Marina

8:30 a.m.

Monday, July 3

Independence Day 12M

Bike Ride

Jake's Place

5 p.m.

Main Outdoor Theater

Friday at 8 p.m. -	The Producers
Friday at 10 p.m. -	The New World
Saturday at 8 p.m. -	The New World
Saturday at 10 p.m. -	Big Momma's House 2
Sunday at 8 p.m. -	Big Momma's House 2
Monday at 8 p.m. -	King's Ransom
Tuesday at 8 p.m. -	Failure To Launch
Wednesday at 8 p.m. -	She's The Man
Thursday at 8 p.m. -	Final Destination 3

Officers Club

Tuesday at 7:30 p.m. -	Mission Impossible
Thursday at 7:30 p.m. -	King's Ransom

CPO Club

Saturday at 7 p.m. -	The Lizzie McGuire Movie
Saturday at 9 p.m. -	The Longest Yard
Tuesday at 7:30 p.m. -	Final Destination 3
Wednesday at 7:30 p.m. -	Ice Age 2: The Meltdown
Thursday at 7:30 p.m. -	Mission Impossible

Each movie that plays at the M.O.T. will be replayed the following morning at 11 a.m. in the Turner Club.
*Note: Movies are subject to change!

Liberty Center

Friday at 7 p.m. -	Legally Blonde 2
Saturday at 7 p.m. -	Lords of Dogtown
Sunday at 7 p.m. -	The Longest Yard
Monday at 7 p.m. -	Ultraviolet
Tuesday at 7 p.m. -	Lemony Snicket's: Unfortunate Events
Wednesday at 7 p.m. -	Final Destination 3
Thursday at 7 p.m. -	Ice Age 2: The Meltdown

Major League Baseball

MLB (June 30 - July 2)

Mets at Red Sox (Live) Friday 5 a.m. AFN SPORTS
Phillies at Orioles (Taped) Friday 1 p.m. AFN SPORTS
Nationals at Blue Jays (Taped) Saturday 6 p.m.
AFN SPORTS
Red Sox at Marlins(Live) Saturday 5:30 a.m. AFN SPORTS
Idians at Reds (Taped) Saturday 1 p.m. AFN SPORTS
Diamond Backs at Athletics (Taped) Saturday 5 p.m. AFN SPORTS
Brewers at Twins (Taped) Sunday 5 a.m. AFN SPORTS

Various Sports

All games are subject to change.
For more information log on to:
www.myafn.net.

Boxing (July 1 & 2)

Saturday Night Fights

Dominick Guinn vs. Tony Thompson (Taped), Saturday 1 a.m. AFN SPORTS

Sunday Night Fights

Juan Urango vs. Naoufel Ben Rabah (Taped) Sunday 6:30 p.m. AFN XTRA

NASCAR (July 1 & 2)

Busch Series

Winn Dixie 250 (Live) Saturday 11 p.m.. AFN XTRA

Nextel Cup Series

Pepsi 400 (Taped) Sunday 5 p.m. AFN SPORTS

Communicating as a couple (Part 2 of 2)

By LT. Marlo Narro

Fleet and Family Support Office

When an active duty member is deployed or working long hours, communication is the key to maintaining a healthy and nurturing relationship with family and friends. Whether you have problems with your teenager, want to better your communication skills, or just want to talk with someone about improving your marriage, the Navy's Fleet and Family Support Office (FFSO) Professional Counseling Services can help active duty members and their families take a proactive approach to resolving problems.

There are many benefits of counseling when you are dealing with stressful situations. Talking to a trained professional about problems will provide an

objective viewpoint, may reassure the person that what they are experiencing is not unusual, and can help them develop the skills and means to resolve the problem before a more significant problem develops. You may want to consider counseling if you have trouble making or maintaining satisfying relationships, have an emotional issue which has been causing you stress for a long time, feel depressed, anxious, fearful, agitated, have been having difficulty managing your anger, if you are coping with the loss of a loved one, stressed about deployment or just want to develop your personal skills. The FFSO provides assessment and counseling services that are scheduled at the individual's

convenience. Self-referrals are welcome.

The Privacy Act governs clinical counseling records and private information is not routinely shared with the command. In most cases, the information discussed by active duty members in counseling sessions does not rise to the level of a command's "need to know." FFSSO clinical counseling records are maintained separately and do not become a part of the permanent medical record.

If you are experiencing any of the issues described, the FFSSO can help. **Contact the FFSSO counselor, LT Narro, at 370-4421** if you have any questions or would like to discuss counseling options.

Shore Fishing On Diego Garcia

Recreational sport fishing is an activity enjoyed by many on Diego Garcia.

Fishing in the pristine waters surrounding DG is a privilege afforded to residents, in what is one of the few remaining unspoiled marine habitats in the world. To ensure the health of the marine eco-system at DG remains intact, BIOT Fisheries and the MWR Marina operate an ongoing fisheries monitoring program. Both the type and quantity of fish caught from MWR Charter Vessels and during LCM trips is routinely recorded.

Much less is known about the amount and type of fish caught from shore using rods and hand lines. All

fishermen are reminded that they must make a record of their shore fishing trips on official log sheets. Shore fishing log sheets can currently be picked up from the MWR Marina, and may also be collected from the BIOT fishery officer during beach patrols. Please record the details of each fishing trip you make in the spaces provided, and return the log sheet once completed to staff at the MWR Marina. All fishing trips from all locations should be recorded, whether lagoon side, ocean side, downtown or around Camp Justice. Separate log sheets are also available to cover fishing from MWR Ocean Master, Mako, LCMs and MSC vessels at anchor.

All fishermen are also reminded that they must only fish in designated

fishing areas. Fishing is not allowed in the small boat basin, or in the Restricted Area north of GEODSS. Additionally, fishing with nets or traps, using static lines, using more than two lines per person, and attempting to catch lobsters/crayfish are all illegal.

As residents of the beautiful island of Diego Garcia, we all share a responsibility towards maintaining the health of the marine environment whilst (while) stationed here. Please help by supporting the monitoring program and returning your completed log sheets, so we can all continue to enjoy the wonderful fishing here on DG. Thank you for your cooperation.

Nautical Terms and Phrases... Their Meaning and Origin

This week's term is:

Down the hatch

Here's a drinking expression that seems to have its origins in sea freight, where cargoes are lowered into the hatch. First used by seamen, it has only been traced back to the turn of the century.



For the Naval Support Facility, Diego Garcia the following sailors, EN1(SW) Janet Bennett, MA2 Jonathan Eilert, and PCSN Alisha Groff were selected as Senior Sailor, Junior Sailor and Blue Jacket of the Quarter for the second Quarter.

Photo by LISN Chris Joy

Want to share your favorite photo or two with the Island Team? Submit your photos with some information about the photo to LISN Joy at joyc@dg.navy.mil. Photo credit will be given if published in the Tropical Times.

This Week in Naval History

Source: Naval Historical Center

July 1, 1911 - Trial of first Navy aircraft, Curtiss A-1. The designer, Glenn Curtiss, makes first flight in Navy's first aircraft, A-1, at Lake Keuka, NY, then prepares LT Theodore G. Ellyson, the first naval aviator, for his two solo flights in A-1.

July 2, 1945 - USS Barb (SS-220) bombards Japanese installations on Kaihyo Island, Japan; first successful use of rockets against shore positions.

July 3, 1950 - USS Valley Forge and HMS Triumph participate in first carrier action of Korean Conflict. VF-51 aircraft (Valley Forge) shoot down 2 North Korean aircraft. The action is first combat test of F9F Panther and AD Skyraider.



July 4, 1776 - American colonies declare their independence from Great Britain

July 4, 1777 - John Paul Jones hoists first Stars and Stripes flag on Ranger at Portsmouth, NH..

July 4, 1863 - Confederates surrender of Vicksburg, MS, gives Union control of Mississippi River.

July 5, 1814 - Sloop-of-war Peacock captures British Stranger, Venus, Adiona, and Fortitude.

July 6, 1911 - First naval aviation base established at Annapolis, MD.

July 7, 1948 - First six enlisted women sworn into Regular Navy. The Navy WAVES in Naval Reserve, who were the first to transfer to the Regular Navy, were Kay Louise Langdon, Aviation Storekeeper First Class; Wilma Juanita Marchal, Chief Yeoman; Frances Teresa Dovaney, Storekeeper, Second Class; Edna Earle Young, Yeoman,

Tide Report

July 1 - 7

	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>
Saturday	5:10 a.m.	11:10 a.m.	5:33 p.m.	11:33 p.m.
Sunday	5:48 a.m.	11:46 a.m.	6:16 p.m.	-----
Monday	6:30 a.m.	12:14 a.m.	7:00 p.m.	12:27 p.m.
Tuesday	7:20 a.m.	1:05 a.m.	7:50 p.m.	1:20 p.m.
Wednesday	8:30 a.m.	2:10 a.m.	9:07 p.m.	2:44 p.m.
Thursday	10:02 a.m.	3:37 a.m.	10:34 p.m.	4:05 p.m.
Friday	11:26 p.m.	5:12 a.m.	11:38 p.m.	5:11 p.m.

GET SMART



ENROLL TODAY IN SOME
OFF-DUTY COURSES

Privacy Act Information Compromise

I want to alert you to a compromise of Navy Privacy Act information (Names, SSN, addresses, NOK, and Date of Birth) that was discovered by JTF-GNO (Global Network Operations) and reported to the Navy Cyber Defense Operations Command on an open website. The site contained 5 Excel files with approximately 28,000 rows of personal information.

The files have been removed from the site and we will begin immediate notification of each member. NETWARCOM, NCIS and SPAWAR have been notified to determine how the files were compromised.

I have no evidence that the data has been used illegally and I am including tips you can use to remind your Sailors and Families how to watch for suspicious activity. I have directed the NPC call center be manned for as long as necessary for our Sailors to find out if their personal data was included on the list. The number to call is

1-866-U-ASK-NPC; 1-866-827-5672.

We know the battle space on this compromise and we'll begin notifications immediately, but I want you to know what I know, and ensure you have the relevant facts and references at hand to keep our Sailors and Families informed.

Tips on how to watch for suspicious activity:

1. Closely monitor your bank and credit card statements for fraudulent transactions. Monitoring accounts online is the best way to detect fraud early.
2. Place a 90-day fraud alert on your credit report, which tells creditors to contact you before opening any new accounts or making any changes to your existing accounts. This action may cause some delays if you're trying to obtain new credit. You only need to contact one of the three companies — **Equifax, Experian, or TransUnion** — to place an alert. The company you call is required to contact the other two.

Once you create the fraud alert, you're entitled to free

copies of your credit reports. Review these reports for inquiries from companies you haven't contacted or accounts you didn't open. If you still want the alert after 90 days, you'll need to renew it.

If you find fraudulent accounts or transactions

1. Contact the financial institution to close the fraudulent accounts or accounts that have been tampered with.
2. File a report with your local police department.
3. **File a complaint with the FTC.**

Additional information is located on the NKO website: Course Title - **Identity Theft and Catalog Code - FS0406_ENG**. Log into NKO, click Learning Tab, click E-learning Auto-Logon Gear link, click advanced search, under course title enter Identity Theft, enroll and begin training.

The NPC call center in Millington will be manned for Sailors to call and see if their personal data was on the list. The number is **1-866 U ASK NPC. 1-866-827-5672.**

Sports / Notices

Tropical Times
June 30, 2006

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LEAGUE STANDING SHEET - FINALS Results for Week 23 of 23 (24 Jun 06) DIEGO GARCIA MIXED LEAGUE 06 - SEASON 3

League President: Orly Encarnacion (encarnaciono@dg.navy.mil)
League Treasurer: Loida Huertas (huertasl@dg.navy.mil)
Bowling Center Attendants: Alex / Raymond

(W)370-3415, (Q)8896
(W)370-3520, (Q)6498
370-2805

PO	TEAM # / TEAM NAME	WON	LOST	PINS	AVE	GAMES	PCT (%)	Def
1	18 - COOL RAVEN	138	46	48408	701.57	69	75.00%	0
2	5 - DET WON	129	55	48492	702.78	69	70.11%	0
3	7 - HARBOR OOPS	127	57	48457	702.28	69	69.02%	0
4	13 - OCEA 1	114	70	47870	693.77	69	61.96%	0
5	11 - SPACE BALLS	110	74	47635	690.36	69	59.78%	0
6	17 - UNFORGIVEN	110	74	47116	682.84	69	59.78%	0
7	10 - STEW BURNERS	107	77	47557	689.23	69	58.15%	0
8	12 - GUTTER DUSTERS	106	78	45652	661.62	69	57.61%	0
9	14 - P. A. T.	104	80	47989	695.49	69	56.52%	0
10	15 - USS CENTER	103	81	47444	687.59	69	55.98%	0
11	22 - OCEA 3	101	83	46707	676.91	69	54.89%	0
12	4 - PORT OPS SHERIFFS	96	88	43051	623.93	69	52.17%	0
13	20 - PSN	95	89	43685	633.12	69	50.80%	3
14	16 - RULES OF ENGAGEMENT	91	93	42276	612.70	69	47.89%	6
15	6 - C&W ALL STARS	84	100	46886	679.51	69	45.65%	0
16	1 - SCRUBS	84	100	41822	606.12	69	44.21%	6
17	9 - SOCKS MANDATORY	76	108	40082	580.90	69	39.38%	9
18	8 - TURTLES	74	110	35142	509.30	69	37.19%	15
19	21 - LUCKY STRIKES	69	115	30539	442.59	69	33.17%	24
20	2 - THE OLDIES	44	140	25668	372.00	69	20.85%	27
21	3 - GHOST ONE	0	0	0	#DIV/0!	0	#DIV/0!	0
22	19 - GHOST TWO	0	0	0	#DIV/0!	0	#DIV/0!	0

MWR PRESENTS

4TH OF JULY INDEPENDENCE DAY ISLAND WIDE PICNIC

FLEET RECREATION AREA

2 JULY 06 1500 - 2200

AOC BAND PERFORMANCE WILL START AT 1600

SCHEDULE OF EVENTS (SIGN UP AT FITNESS CENTER NLT 1 JULY 06)

9 a.m. - FLAG FOOTBALL (SINGLE ELIMINATION)

1 p.m. - HORSESHOE TOURNEY (SINGLE ELIMINATION)

2 p.m. - 4 PERSON VOLLEYBALL (SINGLE ELIMINATION)

3 p.m. - 3 ON 3 BASKETBALL (SINGLE ELIMINATION)

FUN GAMES WILL START AT 1800

The Post Office will be closed from July 2nd to the July 4th due to Independence Day holiday. We will be open for normal business hours on Saturday July 1st and Wednesday July 5th.

MWR PRESENTS:

AOC BAND

FINAL PERFORMANCE WILL BE IN THE
ISLAND ROOM on 3 JULY 06 8 p.m. – 1 a.m.

“ALL HANDS”

FREE MWR T-SHIRTS & PRIZES

FREE SNACKS from 8 p.m. – 10 p.m.

Discounted Telephone Calls

American Independence Day - 2006

To help you enjoy Independence Day that much more, Cable & Wireless is reducing its phonecard charges for all calls to the USA to **30 cents / minute** all day on both Tuesday 4th July and Wednesday 5th July 2006. Contact Cable & Wireless for more information



CABLE & WIRELESS

Joz Commercial Group is coming to the Ship's Store in July to sell jewelry and custom cartouches! The attached picture shows some of his merchandise and prices. If you would like to order one, submit the name you'd like along with your information (full name, phone number, command) to the Ship's Store Officer and the jeweler will have your cartouche ready when he arrives! ENS Scott Schwemin schweminsd@dg.navy.mil or Mr. Chito De Leon DeLeonC@dg.navy.mil 370-4410

18k Gold & Silver Cartouches

Triangle, Round 4 sides, Round 3 sides, Square

English Engraving & Arabic Letters

GOLD CARTOUCHE
18 KARAT 2.0G
\$ 45.00
ENGLISH, ARABIC & HERCULANIC

STERLING SILVER CARTOUCHE
GOLD LETTERS
\$25.00
ENGLISH, ARABIC & HERCULANIC

sterling silver cartouche
\$ 15.00
ENGLISH, ARABIC & HERCULANIC

GOLD CARTOUCHE 18KAT
20K TWO SIDED - \$6 45.00

SILVER CARTOUCHE WITH
GOLD LETTERS TWO SIDED
USD 25.00

SILVER CARTOUCHE TWO
SIDED USD 15.00

BARREL 3 SIDED SILVER US\$40
BARREL 4 SIDED SILVER US\$50
BARREL 5 SIDED SILVER WITH GOLD LETTERS US\$55
BARREL 6 SIDED SILVER WITH GOLD LETTERS US\$60
BARREL 3 SIDED 18K GOLD 6MM US\$140
BARREL 4 SIDED 18K GOLD 6MM US\$150



“Don’t Flick it, Stick It where it belongs.” Please put your cigarettes in the nearest garbage can or the green cigarette containers.
Thank you!